



Many of the strategies and interventions used in our PAC Program come from a background and knowledgebase of Filial Therapy or Play Therapy. Filial therapy is a unique approach to therapy that emphasizes the parent-child relationships as a means of alleviating child and/or family difficulties. Filial therapy is also used to strengthen parent-child relationships to prevent problems, struggles, and conflicts. Play Therapy in a nutshell is, “A way of using toys and play, to help children make sense of their thoughts, their feelings, and their life experiences, and is also a means of wonderful new communication.

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Ending the Cycle
Changing Lives
One Connection at a Time

Parenting After Crisis Program

A 15-week integrative program where parents will have the availability to learn and practice new skills and learn new perspectives to connect, engage, and encourage their child in a new way.

“Without Connection, There Can Be No Influence”





What is our PAC Program?

Parenting After Crisis is a 15- week integrative class for parents who are in the middle of, or who have recently come out of crisis, struggle, addiction, or any number of barriers in life. This course teaches child-centered play principles and skills including reflective listening, recognizing and responding to children's feelings, therapeutic limit setting, building children's self-esteem and the structuring required to have a supervised session, or when appropriate, an at home play session with their children.

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Changing Lives

One Connection at a Time

Why another Parenting Program?

All parents desire to create in our children the ability to thrive, love, and be loved. Sometimes our desires are different than our skills or abilities, and that is where we lose connection and influence with our children. FARA's belief is, we all have a plethora of multi-layered stories that culminate into who we are and who we become. Many of our stories are formed into us by primary caregivers or those who are most influential, and they affect our belief systems, skills, moral compass, and so much more. Much of these influences are positive and help us interact and engage with other people, but some of these influences, perspectives, biases, and beliefs get in our way, and hurt our closest relationships. The PAC classes are designed to help parents learn and practice new perspectives, skills, and parenting techniques, that will create a closer and more intentional relationship with their child or children.



Who is our PAC Program for?

We exist to create thriving, self-sufficient families that will in turn, create communities across Douglas County that share a collective commitment and responsibility to the success of its children.

The PAC Program is for any parent(s) who is struggling with the rearing of their child or children, and desire to learn and practice new skills and tools that will create a more intentional relationship with their child(ren).

This integrative and unique program is for volunteers, or those who have been mandated by a supervisory agency to attend a parenting program.

No matter where you are at with your child or life, these classes can be additional opportunities to learn valuable information on how to best parent our children.

Contact Us

Family Faith And
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